

INFLUENZA A ROBBER OF HEALTH AND STRENGTH

Leaves Victims of Recent Epidemic in a Weakened, Rundown Condition from Which Most Are Slow to Recover.

SAYS GOOD NOURISHING FOOD IS BEST STRENGTH MAKER, BUT MUST BE ASSIMILATED, NOT WASTED.

If you like thousands of others, have just come through an attack of influenza, you know how greatly it has weakened and undermined your whole system. You are back at work, but "weak on your pins" and unable to stand the strain of hard daily effort without quickly tiring.

You are weak, listless, run down and lack strength and reserve force at the very season of the year when you should be at your physical best to stand the rigors and hardships of the hard winter season just before you.

Strength and health come back very slowly after influenza or pneumonia unless you adopt a systematic plan of body building. It is folly to let Nature take its course without help and equally foolish to dose the stomach with strong stimulants or so-called tonics which whip and lash the jaded nerves into spasmodic temporary action.

The best way to quickly regain lost strength, flesh and health, says a well known authority, is through the original source of all strength—your daily food. Food however, produces flesh, strength and normal health only in the proportion in which its nourishing elements are absorbed by the blood. Your illness has thrown your assimilative organs out of condition and you are failing to absorb the full nourishment your food contains. Probably sixty percent of the fats, sugars, starches, proteins etc., of your meals are, instead of going into your blood to nourish your body, passing right through you as waste—undigested and unassimilated, much as unburned coal falls through an open furnace grate.

This merely means that the assimilative functions of your stomach and intestines need something to get them working right again. There is nothing better for this purpose than the famous assimilative agent known as Dreo— which has been called the missing link between food eating and strength making.

Dreo is not a tonic in the ordinarily accepted sense. It does not of itself build strength and flesh but a spoonful, taken with your meals for a few days acts upon every mouthful you eat, first separating all the fats, oils, sugars, starches and other ingredients that make flesh and strength, from the useless waste matter and then preparing all the fat-making nourishing elements into a form which your blood can readily absorb and distribute throughout your body.

The effect is quickly felt. Strength and energy and lost weight are quickly restored in a natural way without the need of false tonics or stimulants. In just a few days you should look, act, feel and be your old true self again. Dreo is perfectly harmless and strongly endorsed by the physicians who use it. It is dispensed here in Lumberton by all good druggists. If you have had influenza and are still feeling weak and run down, you should by all means give Dreo a trial.

NEWS ITEMS AND COMMENT.

Christmas—Persecuted Jews in Poland.

Correspondence of The Robesonian.

Lumberton, R. 5, Dec. 26.—It is gloriously gratifying to have enjoyed another Christmas. But while in thousands of homes there was joy unspeakable, in many other homes there was naught but gloom. We sympathize with all who did not have joy.

We are glad so many of our dear boys got in to spend Christmas with the loved ones at home. Nothing we have is too good for them.

Miss Winnie Cashe of Lake City, Mr. Joe Cole of Hymen and Mr. Alton Anderson of Horry, also Mr. B. I. Blake of Vancouver, Wash., and were among those from a distance who were esteemed guests during Christmas; the two latter being honorably discharged from military service.

It was a real privilege to be at Smyrna yesterday and speak to a well-nigh packed house of eager listeners. The singing was splendid. There was no frolic around a bunch of bushes in the house but a fine selection was rendered by the organist while the little folks and young people marched through the aisles and received their presents at the hands of their beloved superintendent, Mr. Boyd Davis, and secretary, Mr. S. E. Davis. A similar service was held at Cedar Grove and we are pleased to learn it was greatly enjoyed.

It would seem that after Poland had suffered so much of every frightfulness and terror to be imagined by the Hun she would be more humane in her dealings with the poor Jews in her midst, many of whom are but refugees. However, the following from one of Lord Byron's "Hebrew Melodies" is both descriptive and suggestive of poor suffering Israel ever since she rejected the blessed Christ:

"Tribes of the wandering feet and weary breast,
How shall ye flee away and be at rest?
The wild dove hath her nest, the fox his cave,
Mankind their country—Israel the grave."

There seems to be a brighter day dawning for Israel now that England has conquered the Turk in the Holy Land, and we hope she will again be at home, accept the Savior and be free to enjoy the freedom and salvation she so much needs.

The passing of Mr. William Lester Rowan at his home in the northern part of Lumberton Saturday night, December 21st, is greatly deplored. He was liked by all who knew him, and his life apparently was full of promise. But the Bible says, "In the midst of life we are in death." The funeral was conducted Monday morning in the home and the remains were

PARTON PARAGRAPHS.

Masonic Banquet Jan. 2nd—Still Some Cases of "Flu"—Airplanes Observed Over Parton—Personal and Other Items.

Correspondence of The Robesonian.

Parton, Dec. 23.—Rev. J. D. Bundy, presiding elder of the Fayetteville district, will hold the first quarterly meeting of Parton circuit here at the M. E. church next Saturday p. m. at 3:30 and Sunday morning at 11 o'clock will preach. A large congregation is expected. Mr. Bundy is a great favorite of the people of Parton and this the appointment to this district meets with the hearty approval of every one, regardless of denomination.

The following young folks have arrived home for the holidays: Misses Ruby Council, Asdale Currie and Marie McMillan of Flora McMillan; Miss Georgia Williamson, State Normal college; Miss Margaret McMillan of Peace Institute, Raleigh; Miss Henrietta McMillan, Greensboro; Miss Effie McMillan, Winston-Salem; Miss Lena Ferguson, Ashboro; Messrs. Albert Currie and Jas. T. McNatt of the navy, from Virginia.

On the second of January at the Perry building at night the Masons promises a large banquet. Judge A. A. Wright and J. J. Cobb, committee. Some spicy speaking and music, vocal and instrumental. A thorough good time is in store.

Our town is not clear of the influenza yet as there are one or two cases, but there is improvement and we trust that no more new cases will occur.

Dr. D. Hughes, who has been unwell for some time, was taken much worse Saturday night, but today is much improved, we are glad to say.

The stores of our town are enjoying the usual good Christmas trade. The fruit on display is most magnificent.

It really looks like our people up here will not get to enjoy the preaching at the Banner warehouse as it rains every time we get ready.

Mr. J. B. McCormick was up in Cumberland county Friday and went turkey hunting and killed a fine gobbler; says he had a great time with the fowls. He expects to capture old reynard in the morning.

The recent rise in the cotton market has improved conditions wonderfully and several hundred bales have changed hands in the past few days.

Mr. C. D. Williamson and family are now occupying the Haywood residence which he recently purchased from Mr. C. H. Smith of Sanford.

The most interesting and eventful thing that ever passed our way was when airplanes passed Wednesday about 4:30 p. m. The first two were seen by about 500 men, women and children. The entire population of our little town, with few exceptions, enjoyed viewing them as they sailed high up in the air, going Northward, and the speed was estimated ninety-two miles per hour. Several more have passed since at night and one Thursday morning at 11:30. Some of the colored people in the country were much frightened, thinking that they were Germans and were going to drop bombs. One old lady was asked by the writer if she saw the airship and she remarked, "No." Said she heard the thing and looked round and round for it but could see nothing of it. But I said to her, "Did you look up?" "No, I didn't look up." "Well," I said, "there is where you missed it, you should always look up." She agreed that next time she would look up. And that's where so many people err.

Before these lines appear in print Santa Claus will appear in many places and numbers of children will be made happy by him.

The older people enjoy Christmas seasons too, and why shouldn't everybody have a good time? But my turkey have failed to show up yet.

A happy Christmas greeting to the editor and the thousand of readers of The Robesonian.

Legislation authorizing increase of the permanent enlisted strength of the navy from 131,000 men to 217,000 was recommended to the House of Congress naval affairs committee last week by Captain H. Laning, acting chief of the bureau of navigation. This would include 175,000 seamen, 24,000 apprentice seamen and firemen in training; 12,000 in trade schools for training, and 6,000 in the flying corps.

taken to the family cemetery near Smyrna church for interment. All the loved ones have our sincere sympathy.

J. M. FLEMING.

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Cheapest accident insurance—Dr. Thomas' Eclectic Oil. For burns, scalds, cuts and emergencies. All druggists sell it. 30c and 60c.

Review Of The Year.



The Communication Army

A bird's-eye view of the country today would show a mighty panorama of military and industrial activities.

Radiating from the National Capitol and from the army and navy centers throughout the land would appear the thousands of telephone lines by which all these vast enterprises are directed and co-ordinated—a veritable maze of wires linking together the camps, yards, fortifications, plants and offices, and swarming with linemen, cablemen and installers, busy with Uncle Sam's existing and ever-increasing demands for telephone service.

All this is but a part of the vast work which the Bell system is doing, but among the unforeseen conditions which the war has imposed upon us is the necessity of practically suspending the commercial development of our business.

Confronted with an abnormal increase in the use of the telephone and an unprecedented demand for new and additional service, we cannot accept or fill orders except subject practically to an indefinite delay. This situation is due to the importance of conserving our supplies so that the government's requirements may be promptly met at any time a request is made.

At a time like this, we believe the public will appreciate a frank statement of the situation and will join us in our efforts to serve the government first and efficiently.

SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY



Farmers, mechanics, railroaders, laborers, rely on Dr. Thomas' Eclectic Oil. Fine for cuts, burns, bruises. Should be kept in every home. 60c.

Feel languid, weak, run down? Headache? Stomach "off"? A good remedy is Burdock Blood Bitters. Ask your druggist. Price, \$1.25.

Feeling Big

The greatest joy of a child is "feeling big"—"like a man." Nothing makes a child feel so big as having a bank account. Put a bank book in the little folks stockings this Xmas and explain to them what it means. You can open an account here for them—and yourself too—with as little as one dollar.

THE PEOPLE'S BANK & TRUST CO
FAIRMONT, N. C.



Q. T. WILLIAMS
Lumberton, N. C.

GET OUT A POLICY

and do it now. Fires are disastrous and delays are dangerous.

You can't bring back what is consumed by fire. You can't, though.

BE REIMBURSED ON YOUR FIRE LOSS

If it's one of our companies' Premiums on doubtful policy is money thrown away. Be sure and insure with us.

INSURE TODAY

YOUR LIFE, HEALTH, AND PROPERTY.

Southern Life & Trust Co.,
Greensboro, N. C.

Old Colony Insurance Co.,
Boston, Mass.

Continental Casualty Co.,
Chicago, Ill.

Westchester Fire Insurance Co.,
New York, N. Y.

"TOMORROW MAY BE TOO LATE."

C. V. BROWN, Ag't.

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